

10-Minute Relaxation Techniques

Discover quick and effective ways to relax with these 10-minute techniques. Whether you are looking to relieve tension, reduce stress or find mental calmness, these practices are designed to fit easily into your day.

Diaphragmatic Breathing Slowing your breathing pattern will help you to think more clearly. Altering your thinking will help breathing become slower and deeper.

- Sit back in your seat.
- Position your hands comfortably.
- Close your eyes.
- Take a deep breath—inhale through your nose and exhale through your mouth
- Repeat.

Meditation Basic meditation is a simple process.

- Find a comfortable position—sit cross legged, in a chair, or lie on your back.
- Close your eyes and allow the facial muscles to soften.
- Inhale and exhale slowly and deeply as you draw your breath down to the abdomen.
- Focus completely on the sound and feeling of each breath.
- If your mind wanders to other thoughts, bring yourself back to each breath.

Progressive Muscle Relaxation A helpful process to relax tense muscles.

- Find a quiet space to relax.
- Sit or lie in a position that comfortably supports your head and neck.
- Close your eyes and take deep breaths.
- Tighten the muscles in your hands (clench your fists) for four seconds and then release.
- Repeat the process, systematically moving from one area of the body to the next.
- Focus on releasing tension in each muscle area.
- Finish with slow, even breathing.

Seated Stretches Relieve tension and improve flexibility with these simple seated stretches.

- Let your chin fall forward to your chest. Relax your shoulders and keep your hands by your sides.
- Keep your shoulders still and your head forward. Slowly rotate your chin towards your shoulder (left and right).
- Interlock your fingers in front of your chest and straighten your arms with your palms facing outward.
- Sit upright and place one arm across your body. Keep your arm parallel to the ground and pull your elbow in toward the opposite shoulder (repeat on both sides).



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